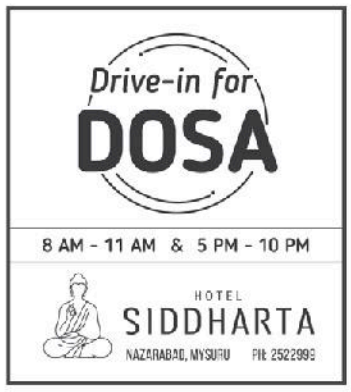

STAR OF MYSORE

OUR EVENING DAILY

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MYSURU Saturday 29th March 2025
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Daylight robbery

Cash, gold worth Rs. 42 lakh looted from Vijayanagar house

Mysuru, Mar. 29 (RK&DM)- In a brazen and one of the biggest daylight heists this year, burglars targeted a house in Vijayanagar's 3rd Stage, making off with a staggering Rs. 34.67 lakh in cash and 89 grams of gold jewellery worth approximately Rs. 8 lakh.

The incident occurred on Wednesday when the house was left unattended as the family travelled to their native village for a festival. What should have been a joyful trip to their native village turned into a costly ordeal.

The victims, S. Basavaraju and his brother S. Deepak, who operate a real estate business under the name Vajreshwari Developers, had stored their business earnings at Deepak's home over the past three months.

Before departing for Shivanasamudra in Chamarajanagar district on Mar. 25 to attend a village festival, Deepak had taken precautions by asking his sister Mangala and her daughter Akshata to stay overnight to guard the cash.

However, the two women also left for the festival early the next morning (Mar. 26), leaving the house unsecured.

Upon returning home late that night (Mar. 26), the family was shocked to discover the front door broken open.

A thorough search revealed that thieves had stolen Rs. 14.67 lakh kept in a bedroom wardrobe, another Rs. 20 lakh stored in the kitchen wardrobe, and 89 grams of gold jewellery worth Rs. 8 lakh, totalling worth about Rs. 42.67 lakh

The burglars appeared to have known exactly where to look, leading investigators to suspect insider involvement.

The Vijayanagar Police, who visited the scene are currently investigating the matter.

"The precision with which the thieves located the hidden cash and jewellery suggests they had prior knowledge of the house and the trip to the native place," said a Police official. Authorities are exploring all possible leads, including questioning acquaintances and examining local CCTV footage.

The incident serves as a stark reminder of the risks associated with keeping large sums of money and valuables at home, especially during extended absences. Police have urged residents to avoid storing cash or jewellery and to invest in fool-proof security measures.

MCC hikes Property Tax by 3 percent for 2025-2026

5 percent rebate from Apr. 1 to Apr. 30

Mysuru, Mar. 29 (BLU&DM)- In a move aimed at boosting municipal revenue, the Mysuru City Corporation (MCC) has implemented a 3-5 percent increase in Property Tax for the 2025-26 financial year, effective April 1.

The decision has caught residents off guard, coming at a time when citizens are already grappling with rising costs of milk, increased power tariffs, and higher bus fares.

MCC Commissioner Shaikh Tanveer Asif clarified that the tax revision follows a Government directive. "The necessary adjustments to the tax calculator will be completed by month-end to facilitate the revised tax calculations," he said.

(See TAX on page 7)

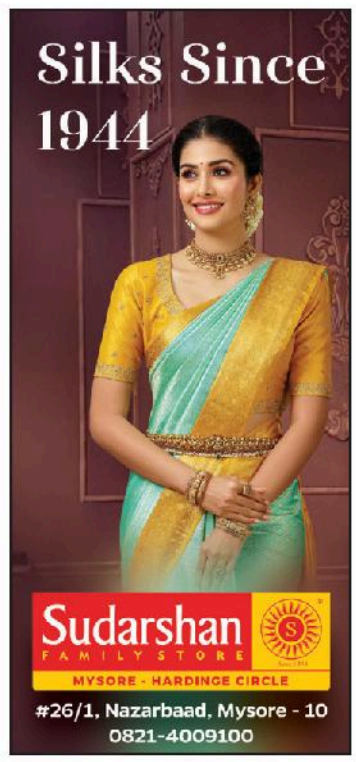
Holiday

Our offices will remain closed tomorrow on account of **Ugadi.** Therefore, there will be no issue of *Star of Mysore* dated 30.3.2025.

Greetings

STAR OF MYSORE wishes a happy and prosperous **Ugadi** to all its readers, subscribers, advertisers, patrons, agents and delivery boys.

— Management



STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Saturday 29th March 2025

New Committee of Sri Sthankwasi Jain Yuva Sanghthan

Navratan Darla Rajendra Desarla

Mysuru, Mar. 29 (KS) - The following were elected as the new Working Committee members of Sri Sthankwasi Jain Yuva Sanghthan during the Annual General Body Meeting (AGM) held at Jain Sthank Bhawan in city recently.

Navratan Darla was elected as President for the year 2025-27 while Rajendra Desarla was elected as Secretary, Kiran Salecha as Vice-President, Ashish Patwa as Treasurer and Rishab Shankala as the Joint Secretary.

Past Presidents of the Sanghthan Budhmal Baghmar, Umesh Kothari, Rajan Baghmar and Manohar Shankhala were felicitated on the occasion.

Earlier, outgoing President Rakesh Bantia welcomed. Secretary Kiran Salecha presented the report of previous tenure and Vikas Darla presented accounts and budget for the coming year. Rajendra Desarla proposed the vote of thanks. For details contact Mob: 94482-09041.

EDITOR'S BOTTOMLINE

THE MIRACLES OF FAITH: *As the battle lines of the Kurukshetra war were drawn, forests needed to be cleared for the army to move. The elephants were used to clear the paths and whatever came in between. With many trees being grubbed out mercilessly, birds and animals were moved out of their habitat. With a thud, down came a nest with tiny newborn sparrows.*

The mother, distraught seeing this, flew straight to Lord Krishna. She complained and asked for help. Krishna explained to the little bird that it was the law of nature, and he could not interfere with it. The sparrow did not budge and continued... "You are the saviour of every creature that exists, and I seek help; the fate of my young ones is now in your hands. I have come to you with full faith; please help save my young ones."

Lord Krishna thought a while and then advised the little sparrow to store food for the next three weeks. The sparrow then flew back without speaking any further.

A day before the battle, Krishna asked Arjuna for his bow. Arjuna was surprised at this request, as Krishna had vowed not to touch any weapon through the entire course of war. Krishna aimed the arrow towards an elephant and shot. The arrow missed the elephant and hit the bell that was hanging around its neck. The bell fell from the elephant's neck. Though Arjuna was surprised at the thought of Krishna wanting to harm the elephant. He then offered to do the needful if Krishna wished, as he was the best archer around.

Without uttering a word, Krishna returned the bow to Arjuna and walked back to his tent.

The war saw massive destruction. With many corpses strewn around, the battlefield was bathed in blood. Krishna and Arjuna walked around and reached a spot where a huge bell lay untouched. Krishna asked Arjuna to lift the bell. Arjuna was again surprised by Krishna's concern about this bell amidst scores of bodies that lay dead in front. He lifted the bell, and he found a beautiful sparrow family ready and waiting to fly. All the sparrows flew out one after another. Faith doesn't eliminate the storms; it gives you the strength to stand through them. In Gregory Peck's words: "Faith gives you inner strength and a sense of balance and perspective in life."

— *Priya Anand in Deccan Herald*

NEWS SPARKLERS

18.5- inch Cat's tail earns world record

Minnesota: A silver Maine coon cat from Minnesota was awarded a Guinness World Record after his tail was measured at 18.5 inches long.

Amanda Cameron said her family's 2-year-old cat, Pugsley Addams, has always had a long tail, and the subject even came up during his first visit to the vet.

Cameron said the veterinarian mentioned it again 6 months later, inspiring her kids to research the Guinness World Records for the longest tail on a domestic cat living.

"And what do you know — to our shock, Pugsley beat it," Cameron said and added that Pugsley is a remarkably easy-going and friendly feline.

Rare Iron Age hoard found

Yorkshire: A "once-in-a-lifetime" hoard of Iron Age artefacts has been uncovered by archaeologists.

Dubbed the Melsonby hoard, more than 800 items were discovered by metal detectorist Peter Heads in 2021 in two ditches near the North Yorkshire village of the same name.

After Heads reported the location to the proper authorities, the head of archaeology at Durham University professor Tom Moore was called to the site. He said it was quickly clear that the find was a "once-in-a-lifetime discovery".

The expert said: "The Melsonby hoard is of a scale and size that is exceptional for Britain and probably even Europe.

"Whoever originally owned the material in this hoard was probably a part of a network of elites across Britain, into Europe and even the Roman world," the expert added.

Among the 2,000-year-old artefacts are the partial remains of wagons, ceremonial spears and pony harnesses.

HEALTH CAPSULE

Thyroid problems cause decreased fertility, increased risk of abortions, affects baby's growth and development. Get your thyroid hormone levels checked before planning pregnancy.

By Dr. Amulya K.G, Consultant - Obstetrics and Gynaecology Manipal Hospital, Mysore

manipalhospitals LIFE'S ON

** Health Capsule is not intended to be of a diagnostic nature*

Bharatiya Jain Sanghatana gets Ladies Wing team

Sharmila Dhoka Seema Bohra Santosh Salecha Anitha Gadiya

Mysuru, Mar. 29 - Sharmila Mahaveer Dhoka was elected as President and Seema Dinesh Bohra as Secretary of Bharatiya Jain Sanghatana (BJS) Ladies Wing, Mysuru, for the year 2025-26 at the General Body Meeting held in city on Mar.27.

The other team members are Santosh Jayakumar Salecha-Vice-President and Anitha Mahaveer Gadiya-Joint Secretary.

The meeting commenced with chanting of Navakar Mahamantra. Main Wing President Rajan Baghmar welcomed. General Secretary B. K. Deepak Kumar Jain briefed about BJS activities and Ladies Wing. Speaking on the occasion, Sharmila called upon the members to actively participate in all the activities. Secretary Seema Bohra proposed the vote of thanks.

WATER LEVEL

KRS DAM	KABINI DAM	HARANGI DAM
Maximum **124.80 feet**	Maximum **2,284 feet**	Maximum **2,859 feet**
Yesterday's level **105.29 feet**	Today's level **2,270.08 feet**	Today's level **2,834.18 feet**
Last year's level **85.93 feet**	Last year's level **2,265.37 feet**	Last year's level **2,827.63 feet**
Thursday's level **105.69 feet**	Yesterday's level **2,270.19 feet**	Yesterday's level **2,834.22 feet**
Yesterday's Inflow **89 cusecs**	Today's Inflow **78 cusecs**	Today's Inflow **84 cusecs**
Yesterday's Outflow **4,112 cusecs**	Today's Outflow **600 cusecs**	Today's Outflow **100 cusecs**

REALLY...?

- *A flying snake sounds like something out of your nightmares, but it does exist — although they are technically more gliders than fliers. They can glide for about 100 metres and are the only known limbless vertebrates that can glide though the air.*

LAUGHTER THE BEST MEDICINE

Sarah: *You know my boss gave me a lovely fur coat.*

Judhi: *Is it to show his appreciation?*

Sarah: *No, to keep quiet about it!!*

TODAY'S CURRENCY RATE

1 US Dollar	= Rs. 85.53
1 UK Pound	= Rs. 110.63
1 UAE Dirham	= Rs. 23.29
1 Euro	= Rs. 92.62

VOICE OF THE READER

Post cops to control traffic near Vijaya Bank Circle

Sir,

Through this column, I would like to appeal to the authorities concerned to deploy traffic Police personnel at Vijaya Bank Circle in Kuvempunagar, particularly near Judges Quarters, during peak hours (8 am to 11 am and 4 pm to 9 pm) daily.

This request has become necessary due to the ongoing junction reconstruction work, which is expected to continue for an extended period.

Currently, the absence of proper traffic regulation is leading to chaotic vehicle movement, with disciplined drivers facing undue harassment from reckless motorists.

I sincerely hope the deployed officers will actively manage the traffic flow rather than remain passive observers. Their visible presence and proactive intervention would ensure smoother movement for all commuters during these challenging temporary conditions.

—N.D. Shreenivaas
Bogadi 2nd Stage (South)
26.3.2025

Dist. Moon Committee meeting on Sunday

Mysuru, Mar. 29- A meeting of Mysore District Hilal (Moon) Committee will be held at the Office of Mysore District Wakf Advisory Committee, Muslim Boys Orphanage Campus, New Sayyaji Rao Road, Mysuru, on Sunday (Mar. 30) after *Namaz-e-Maghrib* at 6.40 pm to sight the Moon to declare celebration of *Eid Ul Fitar* (Ramzan Festival).

Members of public may contact the Mysore District Hilal Committee personally or over following telephone numbers to inform about the sighting of the Moon with sufficient witness or to get information regarding sighting of Moon.

For details contact Ph: 0821-2423520 or Mob: 96866-17006, 90194-32238 or 94482-18055, according to a press release from Mohamed Mushtaq, Waqf Officer, Mysore District Waqf Advisory Committee.

Ugadi celebrations at Suttur tomorrow

Mysuru, Mar. 29- Jagadguru Sri Veerasimhasana Mahasamsthana Mutt, Suttur, has organised various programmes as part of Ugadi and Allama Prabhu Jayanthi tomorrow (Mar. 30).

The programmes will be held in the presence of Suttur Mutt Seer Sri Shivarathri Deshikendra Swamiji.

Maharudrabhisheka, Sahasra Bilvarchane, Mahamangalarati and Belliratha Prakarothsava will be performed at the Gadduge of Sri Shivarathreeshwara Shivayogi Mahaswamiji.

At 7.30 am, procession of traditional cars accompanied by mangalavadya will be held followed by recital of vachana by students and music teachers.

At 10.30 am, Prof. Mysore Krishnamurthy will deliver a lecture on 'Shivapathada Belakina Kirana Allama Prabhu.'

Dr. K.G. Puttahonnaiah will read the new 'Suttur Sri Shivarathreeshwara Panchanga' brought out by Bharatiya Jyothirvignana Samshodana Kendra.

Chitkara University confers Hon. Doctorate on Joy Alukkas for Entrepreneurial Excellence

Seen are** (from left) **Dr. Sandhir Sharma, Vice-Chancellor of Chitkara University; Dr. Madhu Chitkara, Pro-Chancellor of Chitkara University; Joy Alukkas, Chairman and Managing Director, Joyalukkas Group; Dr. Ashok Chitkara, Chancellor of Chitkara University and Dr. Cavita Taragi, Pro-Vice-Chancellor of Chitkara University.

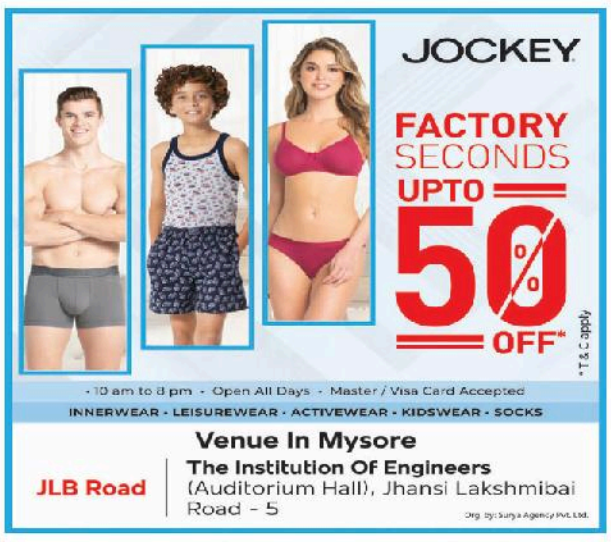
Chandigarh, Mar. 29- Chitkara University conferred Joy Alukkas, the Chairman and Managing Director of the Joyalukkas Group, with the degree of Doctor of Literature (Honoris Causa) for his exemplary contributions to modernising the Indian Jewellery business globally, entrepreneurship and philanthropy at a special convocation ceremony held at the University recently.

The ceremony was attended by Chancellor Dr. Ashok K. Chitkara, Pro-Chancellor Dr. Madhu Chitkara, Vice-Chancellor Dr. Sandhir Sharma, Pro Vice-Chancellor Dr. Cavita Taragi, esteemed faculty and distinguished guests, marking a significant milestone for both the University and the Joyalukkas Group.

Speaking on the occasion, Dr. Madhu Chitkara said, "It is with great pride that we confer the Doctor of Letters (Honoris Causa) degree upon Joy Alukkas. His career exemplifies the power of visionary leadership in shaping not only industries but entire communities."

After the ceremony, Joy Alukkas interacted with the students and faculty and spoke on the intersection of entrepreneurship and social responsibility.

Following the ceremony, a Memorandum of Understanding (MoU) was signed between Chitkara University and Joy Alukkas, further solidifying the University's position as a leading academic institution committed to cultivating a culture of excellence, research and community engagement.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ಕರ್ನಾಟಕ ರೇಷ್ಮೆ ಉದ್ಯಮಗಳ ನಿಗಮ ನಿಯಮಿತ

MysoreSilk ಘಟಕ : ರೇಷ್ಮೆ ನೇಯ್ಗೆ ಕಾರ್ಖಾನೆ,
ಮಾನಂದವಾಡಿ ರಸ್ತೆ, ಮೈಸೂರು – 570 008
GSTNo.29AAACK6554A1ZP, ದೂ.ಸಂ:0821–2481803, ಫ್ಯಾಕ್ಸ್ ಸಂಖ್ಯೆ: 0821–2483544, ಇ.ಮೇಲ್ ಸಂಖ್ಯೆ: gmksic@gmail.com
ಸಂಖ್ಯೆ: ಕೆಎಸ್ಐಸಿ/ಎಸ್‌ಡಬ್ಲ್ಯೂಎಫ್/ಡಿಸಿಎ/2024–25/8734
ದಿನಾಂಕ: 26.03.2025

ಮರು ಟೆಂಡರ್ ಪರಾಜು ಪ್ರಕಟಣೆ

ಕಿಟ್ಟದ ಜೊತೆಗೆ ಕಲ್ಲಿದ್ದಲು ಬೂದಿಯ ಮರು ಟೆಂಡರ್ ಹಾಗೂ ಪರಾಜು ಪ್ರಕಟಣೆ ರೇಷ್ಮೆ ನೇಯ್ಗೆ ಕಾರ್ಖಾನೆ ಮೈಸೂರು ನಲ್ಲಿ ಲಭ್ಯವಿರುವ ಕಟ್ಟ ಮತ್ತು ಕಲ್ಲಿದ್ದಲು ಬೂದಿಯನ್ನು ಎಲ್ಲಿ ಹೇಗಿದೆಯೋ ಹಾಗೆ ಕೂಡದ ಆಧಾರದ ಮೇಲೆ ಮಿರಿಂದಿಸಲು ಇಚ್ಛೆಯುಳ್ಳವರಿಂದ ಟೆಂಡರುಗಳನ್ನು ಆಹ್ವಾನಿಸಲಾಗಿದೆ. ಈ ಘಟಕಗಳಲ್ಲಿನ ಅಂದಾಜು ಪರಿಮಾಣ, ನಿಗಧಿಪಡಿಸಿದ ಇ.ಎಂ.ಡಿ ಮತ್ತು ಪರಾಜು ದಿನಾಂಕ ಗಳನ್ನು ಈ ಕೆಳಕಂಡಂತಿರುತ್ತದೆ.

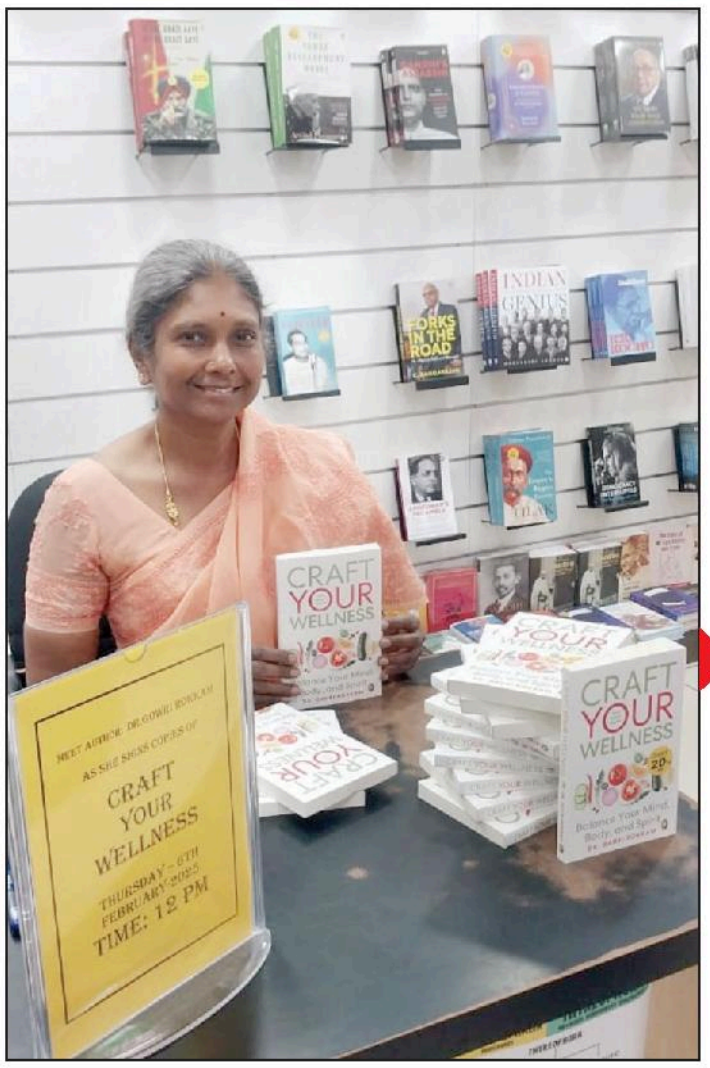
ಕ್ರ.ಸಂ.1 ಘಟಕದ ಹೆಸರು: ರೇಷ್ಮೆ ನೇಯ್ಗೆ ಕಾರ್ಖಾನೆ, ಮೈಸೂರು. ಅಂದಾಜು ಪರಿಮಾಣ: 90 ಮೆಟ್ರಿಕ್ ಟನ್. ನಿಗಧಿತ ಇ.ಎಂ.ಡಿ ರೂ.ಗಳಲ್ಲಿ: ರೂ.20000/– ನಗದು ಅಥವಾ ಡಿ.ಡಿ ಟೆಂಡರ್ ಮತ್ತು ಪರಾಜಿನ ದಿನಾಂಕ: 11.04.2025

ಇಚ್ಛೆಯುಳ್ಳ ಪಾನ್ ಕಾರ್ಡ್ ಹೊಂದಿರುವ ಬಿಡ್ದುದಾರರು ಟೆಂಡರ್ ಫಾರಂಗಳನ್ನು ಮತ್ತು ನೀತಿ ನಿಯಮಾವಳಿಗಳ ಪ್ರತಿಗಳನ್ನು ಸಂಬಂಧಪಟ್ಟ ಘಟಕಗಳ ಪ್ರಧಾನ ವ್ಯವಸ್ಥಾಪಕರಿಂದ ಆಯಾ ಘಟಕಗಳ ಮುಂದೆ ಸೂಚಿಸಿರುವ ದಿನಾಂಕದೊಳಗೆ ಮಧ್ಯಾಹ್ನ 1.00 (ಒಂದು) ಗಂಟೆಯೊಳಗಾಗಿ ರೂ.100.00 ಗಳ ಅರ್ಜಿ ಶುಲ್ಕ (ತೆರಿಗೆ ಸೇರಿ) ಪಾವತಿ ಮಾಡಿ ಪಡೆಯತಕ್ಕದ್ದು. ಭರ್ತಿ ಮಾಡಿದ ಟೆಂಡರ್ ಗಳನ್ನು ಆಯಾ ಘಟಕದ ಪ್ರಧಾನ ವ್ಯವಸ್ಥಾಪಕರ ಹೆಸರಿಗೆ ರೂ.20,000/– ಗಳ ಡಿ.ಡಿ ಯನ್ನು ಅಥವಾ ಆಯಾ ಘಟಕದ ನಗದು ಪಾವತಿಸಿದ ರಶೀದಿಯನ್ನು ಲಗತ್ತಿಸಿ ಮಧ್ಯಾಹ್ನ 2.30 ಗಂಟೆಯೊಳಗಾಗಿ ಸಲ್ಲಿಸತಕ್ಕದ್ದು. ಅದೇ ದಿನ ಮಧ್ಯಾಹ್ನ 3.00 ಗಂಟೆಗೆ ಪರಾಜು ಮಾಡಲಾಗುವುದು ಪರಾಜು ನಡೆದ ತಕ್ಷಣ ಟೆಂಡರ್‌ಗಳನ್ನು ತೆರೆಯಲಾಗುವುದು. ಟೆಂಡರ್ ಫಾರಂಗಳನ್ನು ದಿ: 11.04.2025 ರಿಂದ ಆಯಾ ಘಟಕಗಳಲ್ಲಿ ವಿತರಿಸಲಾಗುವುದು. ಈ ಬಗ್ಗೆ ಯಾವುದೇ ವಿವಾದ ಬಂದರೆ ನಮ್ಮ ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕರ ತೀರ್ಮಾನವೇ ಅಂತಿಮವಾಗಿರುತ್ತದೆ.

ಸಹಿ/– ಪ್ರಧಾನ ವ್ಯವಸ್ಥಾಪಕರು

DIPR-DD-MYS/1514/KSMCA-1144/2024-25

INTERNATIONAL WOMEN'S DAY SPECIAL...



Nutrition Naturally

Dr. Gauri Rokkam advocates whole foods for wholesome health

This interview stands apart from others featured in *Star of Mysore* on the occasion of International Women's Day. While we have highlighted women excelling in fine arts, theatre, mountaineering, vehicle repair, the entertainment industry, medicine, food and courier delivery, this feature — last in the series — takes a different path. It focuses on a woman dedicated to promoting a healthy lifestyle through whole plant-based and naturally unrefined foods.

Dr. Gauri Rokkam, a Bengaluru-based Holistic Whole Food Plant-Based Nutritionist, has been conducting workshops, talks and sessions to inspire people to embrace healthy eating habits for lifelong wellness. Her mission is to empower individuals to become health champions by making informed, nourishing choices.

***Star of Mysore* caught up with Dr. Gauri Rokkam for a brief interview.** —Excerpts

By S.N. Venkatnag Sobers

Star of Mysore (SOM): What inspired you to pursue research in Food and Nutrition?

Dr. Gauri Rokkam: My father, K.V. Narayana, a Biochemistry Professor, was my primary inspiration. He was passionate about drugless therapies, especially nature cure and yoga.

He would invite experts from across India and the world to conduct courses, workshops and lectures at our home. As children, we didn't fully understand it, but the exposure left a lasting impression.

When I completed my Pre-University, I struggled with Mathematics. My father cleverly suggested I take up Home Science, saying it would be useful in the future. Following his advice, I graduated in Home Science with a major in Food and Nutrition.

SOM: Did you immediately pursue further studies and research after graduation?

Dr. Gauri: No, I got married soon after graduation. It was only 14 years later that I decided to return to my studies and pursue a Master's degree. My motivation was to ensure I was making the best food choices for my children.

As I delved deeper into food research, I realised that the textbook knowledge often contradicted the principles of food philosophy, nature cure and yogic traditions. Back then, without the internet, I had to meet experts from different fields to clarify my doubts. These enriching interactions fuelled my passion and ultimately led me to pursue a Master's in Food and Nutrition.

SOM: Tell us about your research on coconut.

Dr. Gauri: My husband, Shankar, encouraged me to continue my research. With countless topics to explore, I was drawn to coconut due to the conflicting views between nature cure, yogic philosophy and modern medical nutrition.

At the time, many of my clients mentioned that their doctors had advised them to avoid coconut due to its high cholesterol content. Scientifically, coconut is composed of 92 percent saturated fat, which is known to clog arteries and increase the risk of cardiovascular diseases. As a result, coconut was labelled as harmful to heart health.

However, I was sceptical. In India, coconut is revered as a complete food and in yoga, it is considered sattvic. This contradiction intrigued me, leading me to research further. I discovered that although coconut is high in saturated fat, it contains medium-chain fatty acids (MCFAs), which are metabolised differently.

Instead of entering systemic circulation, MCFAs go directly to the liver, where they are converted into energy. Since they bypass the bloodstream, they do not affect heart health. After eight years of research, we were able to prove this and our findings were published by the American College of Nutrition.

SOM: You've expanded into various spheres while keeping nutrition as your core focus. Tell us more about it.

Dr. Gauri: My father inspired me to study both nature cure and yoga. Yoga, beyond physical postures, is a profound philosophy — it's about bending the mind, not just the body. Both nature cure and yoga complement my work in nutrition.

In health, *'ahara'* (food) alone isn't enough. We also need *'vihara'* (lifestyle) and *'vichara'* (mindset) to achieve complete well-being. True health comes when all three are in balance.

As I studied modern medical nutrition, I was puzzled by the contradictions. This drove me to explore the philosophies of nature cure and yoga more deeply. By integrating these three disciplines, I developed a specialised approach that helps people prevent and even reverse diseases.

SOM: There have been recent claims about reversing diabetes. Is there any truth to them or are they just exaggerated claims?

Dr. Gauri: These are not exaggerated claims. Naturopathy has been advocating the reversal of diabetes for ages, although it is often undervalued. Across the country, naturopaths have successfully demonstrated that type 2 diabetes can indeed be reversed.

Many of our clients have overcome the condition and are now living diabetes-free. In naturopathy, we treat the root cause, not just the symptoms. High blood sugar is merely a symptom, yet conventional medicine focuses on lowering it rather than addressing the underlying issue — the pancreas' reduced ability to produce insulin. Instead of relying on drugs that stimulate the pancreas and cells, we focus on healing the pancreas by giving it rest, allowing it to rejuvenate and function properly.

We also work on reducing insulin resistance at the cellular level using *'ahara'*, *'vihara'* and *'vichara'*. This holistic approach makes it possible to reverse diabetes.

SOM: You describe yourself as a Holistic Whole Food Plant-Based Nutritionist. What does that mean?

Dr. Gauri: The key is in the three words: holistic, whole food and plant-based. Holistic means viewing the body as a single, interconnected unit. You can't isolate organs and treat them separately. For example, if the kidneys aren't functioning well, you can't just focus on feeding them specific nutrients — because the entire body system works in synergy. What benefits one organ may impact another, which is why I consider the body as a whole.

Whole food refers to eating food in its natural form, without breaking it down into individual components. Each meal should contain all seven essential nutrients the body needs. The goal is to maintain the food's natural complexity rather than relying on reductionist theories that isolate specific nutrients.

Plant-based is exactly as it sounds — focusing on plant-derived foods that are as close to their natural state as possible. This means avoiding refined and processed foods and instead consuming food in its original, wholesome form, just as nature provides it.

[Continued on Page - 5]

S.M. Krishna Tennis Scholarship Awardee

Padmapriya Ramesh seen with international tennis player Rohan Bopanna at S.M. Krishna Tennis Stadium in Bengaluru yesterday.

Bengaluru, Mar. 29 (MTY& VNS) - The Karnataka State Lawn Tennis Association (KSLTA) awarded S.M. Krishna Memorial Tennis Scholarship - 2024 to Mysuru city's tennis player Padmapriya Ramesh in recognition of her outstanding performance in the national and international tennis tournaments held during 2024 in the U-12 and U-14 age group category at a function held at S.M. Krishna Tennis Stadium (formerly KSLTA Stadium) at Cubbon Park in Bengaluru yesterday.

Scholarships were also awarded to other nine upcoming tennis players as well. On the occasion, the KSLTA Tennis Stadium was renamed as **S.M. Krishna Tennis Stadium** as a tribute to former Chief Minister, who also served as the KSLTA President from 1999 to 2019.

KSLTA President and Leader of Opposition in Legislative Assembly R. Ashok, Minister for Rural Development and Panchayat Raj Priyank Kharge, international tennis player Rohan Bopanna, Karnataka Olympic Association (KOA) President K. Govindraj, late S.M. Krishna's wife Prema Krishna and others were present.

M. Lakshmikanth is Hebbal Police Inspector

Mysuru, Mar. 29 (KS)- **M. Lakshmikanth** has been appointed as the Inspector of Hebbal Police Station in city in place of Mallesh, who has been promoted and transferred. Also, 11 Police personnel awaiting place have been assigned the places and five transferred. A total of 15 Dy.SPs have also been transferred.

Nutrition Naturally

[Continued from Page - 4]

SOM: As a Nutritionist, how do you determine a person's diet or nutritional plan?

Dr. Gauri: My role is to ensure people get all the essential nutrients from their food. I teach them how to achieve this, but I don't dictate recipes, meal patterns or portion sizes. Unfortunately, Nutritionists are often expected to prescribe food quantities, but that's not my approach.

Instead, I educate people on how to obtain all necessary nutrients, even from simple meals like *roti*. Once they understand how to meet their nutritional needs, my job is done. I also guide them to listen to their bodies — learning to recognise when they are hungry or full — rather than following rigid portion controls.

SOM: Can you tell us about the awareness work you've been involved in over the past few years?

Dr. Gauri: I regularly conduct monthly workshops at home, combining theory with practical cooking sessions. This hands-on experience allows participants to understand the principles of nutrition and apply them immediately. My goal is to create a ripple effect — when I educate one person, they influence their family and friends, helping more people adopt healthier lifestyles.

Beyond workshops, I offer personal consultations and give lectures on various health topics, diseases and the role of food in healing. I also run courses on holistic nutrition and a health certification programme. These are attended by doctors, nurses, yoga therapists, physiotherapists and even lay people interested in health.

I believe the media plays a vital role in spreading this awareness. When the public understands the benefits of switching from refined to whole foods, it naturally leads to positive health changes.

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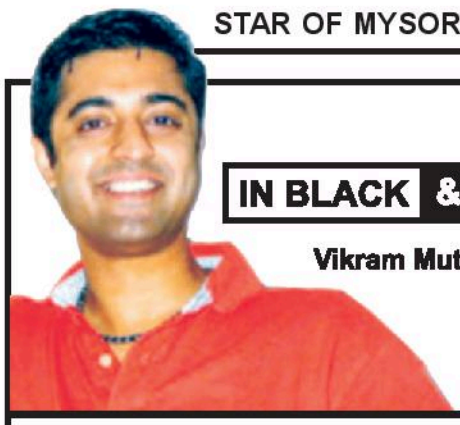

IN BLACK & WHITE

Vikram Muthanna

Who will judge the JUDGES ?

The recent fire in the out-house of Justice Yashwant Varma of the Delhi High Court and the subsequent photographs of burnt cash bundles, followed by calls for judicial reform, takes one back to April 25, 2016.

That was the day the 43rd Chief Justice of India, Tirath Singh Thakur Pogali, broke down in front of Prime Minister Narendra Modi for the institutional decay he was witnessing — particularly, the chronic delay in judicial appointments.

Ever since the Supreme Court struck down the Government's attempt to replace the opaque Collegium system with the National Judicial Appointments Commission (NJAC), relations between the Executive and the Judiciary have been tense.

Justice Thakur's emotional plea was clear: Why, he asked, can't the Prime Minister's Office direct the Intelligence Bureau to clear reports on proposed Judges within 15 days?

The Judiciary it seems was being choked — not by caseloads alone, but by a shortage of Judges and worse, by deliberate delay in their appointments.

But while numbers matter, so does integrity. And here lies the deeper wound: Corruption in the Judiciary.

Justice Thakur may have shed tears for pendency, but perhaps he should have cried harder for integrity.

The Prime Minister, earlier had struck a chord when he said that while the Judiciary is becoming more powerful, it must also live up to public expectations. He had a point.

For many, Courts today are no longer temples of justice — they are tactical arenas. From land disputes to false dowry cases, Court proceedings are often used to harass, delay or blackmail. Justice is not just delayed — it is often weaponised.

High Courts, despite clear Supreme Court rulings, often fail to quash false and frivolous cases and perhaps, this is because they simply don't fear consequences of bad judgements. After all, who judges the Judges?

Judges are human too and like all humans, they can be enticed, but they also respond to consequences — punishment.

Unfortunately, the Judiciary has become a fortress, where even serious misconduct by Judges is often quietly lost under opaque procedures and internal silence.

Take the case of Justice Soumitra Sen of Calcutta High Court. Accused of diverting Rs. 33 lakh as a Court-appointed receiver, he was promoted to Judgeship despite the allegations.

Or consider Justice Nirmal Yadav of the Punjab and Haryana High Court. In 2008, a courier mistakenly delivered Rs. 15 lakh in cash to another Judge, only to discover it was meant for her. What was the punishment? A transfer to the Uttarakhand High Court and by the time prosecution was approved — conveniently on her retirement day — the case had already lost steam.

Interestingly now, after 17 years, the verdict in this case is to be pronounced on Mar. 29, 2025, today! Will justice be truly delivered? Let's wait and watch.

Although there have been four impeachment proceedings initiated against Judges of the High Court and the Supreme Court, no Judge has been impeached since our Independence.

Justice Varma, currently facing allegations, has simply been transferred to his parent Court in Allahabad. An Inquiry Committee has been formed. And it will take its own time.

It seems, judging a Judge is a long and convoluted process and there are only two ways to go about it.

There is an 'in-house' inquiry by the Judiciary itself and the records of this inquiry are 'sealed'. This inquiry may result in the Judge being benched or forced to resign. That's no punishment really now, is it?

Then there is the Impeachment by Parliament. This requires a two-thirds majority in both Houses, the same number needed to amend the Constitution.

Wah! Think about that. Removing a corrupt Judge is as difficult as rewriting our Constitution!

Judges, unlike any other citizen, enjoy near-complete insulation from prosecution. You can't even file an FIR against a sitting Judge without the Chief Justice of India's permission.

This veil of secrecy turns Judges into super-citizens. And when accountability is elusive, public trust erodes.

Some, like TMC MP Mahua Moitra argue that the ongoing Justice Varma scandal is part of a larger design to bring NJAC back.

But conspiracy or not, one fact remains: The Collegium system has failed to keep the Judiciary clean.

The NJAC proposal, for all its flaws, at least seeks to have a more inclusive selection committee — with the Chief Justice, the Prime Minister, the Union Law Minister and even the Leader of the Opposition playing a role. Why not explore it and debate it, that's why we have a Parliament, isn't it?

Justice T.S. Thakur once said, "As long as the Judiciary exists, people have nothing to fear." But that's only true if the Judiciary itself is above fear, above favour and above filth.

For the Judiciary to retain public trust, it must not only dispense justice. It must be seen to embody it.

No one — not even those who pronounce judgement — should be above the law.

e-mail: vikram@starofmysore.com

3 drown in Nanjangud village

Divers and Fire and Emergency Services personnel in search of bodies of the three persons who drowned in Shettarakere water tank near Kamanahalli village in Nanjangud taluk this morning.

Nanjangud, Mar. 29 (Chandru, RK&DM)- In a tragic incident, three persons, who had gone to a water tank for washing cattle ahead of a village festival, died of drowning near Kamanahalli in Biligere hobli of Nanjangud taluk this morning.

The deceased have been identified as Vinod (19), Muddegowda (48) and Basavegowda (45), all residents of Kamanahalli.

The three had taken cattle to the water tank (Shettarakere) near Kamanahalli on Bontayyanahundi-Kirugunda Road, when one of them accidentally slipped while washing cattle and drowned. Two others, who tried to save him, too died of drowning as they reportedly did not know swimming, it is learnt. While the bodies of Vinod and Muddegowda were fished out of the tank by divers, the body of Basavegowda was yet to be traced. Biligere Police have registered a case.

Pillion rider killed as KSRTC bus hits moped

Nanjangud, Mar. 29 (KS) - A pillion rider was killed while the rider sustained minor injuries when a KSRTC bus hit the TVS moped they were riding at Devirammanahalli Circle in the town.

The deceased has been identified as Bommegowda (72) while the injured is his son 41-year-old Mahesh, residents of Sindhuvalli village in the taluk.

Mahesh was taking his father on his moped to withdraw cash from a Bank. After crossing Devirammanahalli Signal, the father and son moved a bit ahead when a KSRTC bus, which came from Gundlupet side hit the moped and ran over on the thigh of Bommegowda, resulting in him profusely bleeding. Though he was being rushed to a hospital, Bommegowda is said to have breathed his last midway. Mahesh, who sustained minor injuries is being treated at the hospital, Police said. Traffic SI Siddaraju and Ravindra, visited the spot. A case has been registered at Nanjangud Traffic Police Station.

Eyes of 21 people retrieved

at LIEB-MRC Eye Retrieval Centre

Mysuru, Mar. 29 (KS)- The Lions International Eye Bank (LIEB) - Mysore Race Club (MRC) Eye Retrieval Centre at Siddarthanagar in city has retrieved the eyes of 21 people, who passed away in the months of January and February 2025.

While the eyes of 10 people were retrieved in January, the eyes of 11 people were retrieved in the month of February, stated a press release from the Centre.

Expressing gratitude to the family members, who donated eyes of their loved ones, the LIEB-MRC Eye Retrieval Centre said that this will help the corneal blind individuals get vision and also expressed condolences to the grieving families. For eye donation, contact Mob: 90357-55046.

MCC hikes Property Tax by 3 percent for 2025-2026

(Continued from page 1)

However, Mysuru City Corporation (MCC) Commissioner Shaikh Tanveer Asif assured taxpayers that the existing 5 percent rebate for timely payments — available from Apr. 1 to 30 — will continue as in previous years.

Mysuru City Corporation oversees 1.79 lakh properties within its limits, including both residential and commercial units.

The recent introduction of e-Khata and B-Khata systems has already contributed significantly to the civic body's revenue stream.

The increased Property Tax will fund critical civic infrastructure and services.

CHANGE OF NAME

I, Sathisha S/o Late.Shamanna B.S., residing at #10704, 2nd Phase, Vijayanagar 4th stage, Mysore 570032, have chaged my name from Sathisha to Sathish S. (Sathish Shamanna) before Sri.Shivakumara, Advocate & Notary Mysore, Vide affidavit Dated : 27.03.2025

Sd/- Sathish S. (Sathish shamanna)

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Obituary

Putta Subbappa

Mysuru, Mar. 29- Putta Subbappa (95), resident of LIG 363, Subramanya Nagar, Hebbal 3rd Stage in city passed away early this morning.

He leaves behind his wife, one son, two daughters and a host of relatives and friends.

Last rites were held at Veerashaiva Burial Grounds in Vidyaranyapuram this noon, according to family sources.

D. Chamaraju

D. Chamaraju (62), a retired LIC employee and a resident of Bogadi, passed away at a private hospital in city last night due to prolonged illness.

A native of Chikka Ankanahalli in Srirangapatna taluk of Mandya district, he leaves behind his wife M. Prabha (Government High School Head Mistress), children C. Suhas Dhavan, C. Vikash Dhavan, daughter-in-law, grandson and a host of relatives and friends.

Last rites were held at Kukkarahalli Burial Grounds in Gangothri Layout this afternoon, according to family sources.

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Clay Modelling
Diya Decoration
Paper Art / Origami
Best out of Waste
Other Activities
Treasure Hunt
Nature Walk
One Day Trip
Tug of War
Magic Show
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NEWS BRIEFS

Ugadi celebrations & Foundation Day

Arya Samaj, Mysuru, will be celebrating Ugadi festival and Arya Samaj Foundation Day at its premises, #1965/1, Kothwal Ramaiah Street, Devaraja Mohalla, tomorrow (Mar. 30) at 10.30 am.

Selected

Koushik Nithin Rathod has been selected as the BJS Youth Wing President of Bharatiya Jain Sanghatana (BJS), Mysuru Chapter. BJS is a voluntary organisation operating in the Social Development and Disaster Response space across the country.

IPL 2025

TODAY'S MATCH MAR. 29

GT Vs **MI**

Narendra Modi Stadium, Ahmedabad

7.30 pm

TOMORROW'S MATCHES MAR. 30

DC Vs **SRH**

ACA-VDCA Cricket Stadium, Visakhapatnam

3.30 pm

RR Vs **CSK**

ACA Stadium, Guwahati

7.30 pm

YESTERDAY'S RESULT

RCB 196/7 (20 overs)

BEAT

CSK 146/8 (20 overs)

Live telecast on: **Star Sports Network & JioHotstar**

Mysuru No. 2 in issuing e-Khata in Karnataka: MLA Srivatsa

Mysuru, Mar. 29 (SBD&BS)- Krishnaraja MLA T.S. Srivatsa has said that, Mysuru stands second in the State in the distribution of e-Khata to property owners.

He was speaking after kick-starting the process of distributing e-Khata to the property owners in the jurisdiction of Mysuru City Corporation (MCC) Zonal Office-1 in the city yesterday.

MLA Srivatsa said, the credit of Mysuru achieving second place in the distribution of e-Khata should go to MCC Commissioner Shaikh Tanveer Asif, who has been working enthusiastically in coordination with the officials and staff.

The style of functioning of MCC Zone-1 Zonal Commissioner D.L. Manjunath Reddy is also commendable, as he has been taking the initiative of issuing e-Khata within 7 to 10 days of receiving the application. With the khata being issued to 66 applicants, in the coming days, plans are on the anvil to convene adalat to receive the applications and issue the khata speedily.

MLA Srivatsa said, "When the Urban Development Minister chaired a meeting in MCC, I had requisitioned him to provide B-Khata to the properties on the basis of electricity and water bills. I am confident that, it will be a reality soon."

MCC Commissioner Shaikh Tanveer Asif said, as per the instructions of the Government, the officers have been discharging their duties to meet cent percent target in the distribution of e-Khata. The cooperation of MLAs holds the key.

Krishnaraja MLA T.S. Srivatsa distributing e-Khata to property owners in the jurisdiction of Mysuru City Corporation (MCC) Zonal Office-1 in city yesterday.

"A record number of 9,000 e-Khatas have been given in 45 days. The public can be assured of getting the khata, if they submit the application along with relevant documents," said the MCC Commissioner.

MCC Zone-1 Zonal Commissioner D.L. Manjunath Reddy said, till date a total of 1,002 applications have been received for issuing A-Khata and 800 among them have been disposed, with 127 applications pending. While in the case of 77 applications, the endorsement has been issued.

Similarly, following the order to issue B-Khata, a total of 478 applications were received in February and March, and 333 among them have been disposed, with 117 applications pending and endorsement issued for 28 applications.

Deputy Commissioner J.S. Somashekar, who spoke on the occasion said that Zone-1 has made significant progress in the collection of taxes too, with over Rs. 3 crore collected in a short span of 2 to 3 months. The Zone is ahead in collecting property tax arrears too. Revenue Officer (RO) of MCC Zone-1 Swarnalatha and Assistant Revenue Officer (ARO) Prathap were present.

MCC Zone-2

In all ,100 e-Khatas were distributed to equal number of applicants at MCC Zone-2 office yesterday.

MLA Srivatsa, who handed over the khata, asked the public to provide documents like title deed, copy of registration, Encumbrance Certificate (EC), photograph of property, passport size photo, property tax challan and ID to obtain e-Khata.

MCC Zone-2 Zonal Commissioner Nagaraju, ARO Betta Swamaiah, Revenue Inspector D.S. Ashok and former Corporator Champaka were present.

Join hands in cleanliness drive

The Mysuru City, which was ranked No. 1 in Swachh Bharat campaign seven to eight years ago, has slipped to 29th place in the previous year rankings. It doesn't hold good for Mysuru, popular as the Cultural Capital. To achieve a better ranking this year, everyone should give due priority for cleanliness and be a part of the drive.

—Shaikh Tanveer Asif, Commissioner, MCC

MLA Darshan Dhruvanarayan launches drive to issue B-Khata in Nanjangud

Nanjangud, Mar. 29 (Chandru& BS)- MLA Darshan Dhruvanarayan inaugurated the drive to issue B-Khata in the jurisdiction of Nanjangud City Municipal Council (CMC) here yesterday.

MLA Darshan said, the drive to issue B-Khata will be conducted for three months, to authorise the unauthorised properties including the residential sites and buildings. The property owners should tap the benefit.

It has been four to five months since the elections to CMC President and Vice-President were held, but the President and Vice-President have been discharging their duties, focusing on the development works, ignoring the criticisms, thus giving a fitting reply to their detractors.

"The Food Zone is built for the benefit of roadside vendors. Besides, a padayatra was undertaken at 31 Wards and development works have been undertaken," said MLA Darshan.

MLA Darshan Dhruvanarayan (centre) watering a sapling to inaugurate the drive to issue B-Khata in Nanjangud yesterday.

He cautioned the public against greasing the palms of middlemen for the khata. If any officers ask for bribe, it should be brought to my notice along with CMC President, Vice-President and Commissioner, said MLA Darshan.

Chief Minister Siddaramaiah has drafted a better budget this year, with Rs. 8,000 crore earmarked for the development works alone. Even during previous year too, Rs. 25 crore was allotted for the development works of Nanjangud town. The efforts shall be made to secure more funds for development works this year too, the MLA assured.

CMC Commissioner Vijay said, the issues related to khata was rampant, which was regularly being brought to the notice of the MLA by Councillors, President and Vice-President. The MLA raised the issue twice in the Assembly, impressing upon the Government to issue B-Khata. Now, everybody is being benefited, with 1,000 applications received by the CMC. With 100 khatas issued in the presence of MLA, the remaining khatas will also be issued at the earliest.

There are issues related to traffic to be addressed in the town and will discuss with the Police officers, to find solutions for the benefit of the public, said Vijay.

Former MLA Kalale Keshavamurthy, CMC President Srikanta Swamy, Vice-President Rehana Banu, Councillors Gayatri Mohan, Yogeesh, Shwetha Lakshmi, Gangadhar, Mahesh, Meenakshi, Siddique, Yoggesh, Khalid, Mahadeva Swamy, Siddaraju, Basavaraj, Sowbhagya, Ramesh, Ravi, Deepu and others were present.

31st Ramotsava of Sri Ramaseva Mandali Charitable Trust from Mar. 31 to Apr. 9

Conferring of 'Sangeetha Kalaradhaki' title on R.A. Ramamani

Vidu. R.A. Ramamani

Mysuru, Mar. 29- Sri Ramaseva Mandali Charitable Trust, Mysuru, has organised the 31st Ramanavami Music Series from Mar. 31 to Apr. 4 at Sri Prasanna Parvati Kalyana Mantapa, adjacent to Sri Chandramoulishwara Temple, Vontikoppal, Mysuru.

On Mar. 31 at 10 am, the religious activities like Ramayana Parayana, Navagraha Japa, Abhisheka, etc., will start under Ve. Br. Sri Shashidhar Sastry & will continue till Apr. 9, culminating with Sri Rama Pattabhisheka.

On Apr. 6, there will be Sri Rama Taraka Homa at 10 am. Daily there will be Junior slot from 5.15 pm to 6.15 pm. Main programme from 6.15 pm to 9 pm.

In the evening on Mar. 31, musical series will be inaugurated by Vidu. R.A. Ramamani and she will be honoured with the title 'Sangeetha Kalaradhaki' at 6 pm.

Further she will render a vocal concert. She will be accompanied by Vid. Mysore V. Srikant on violin, Vid. Tumkur B. Ravishankar on mridanga and Vid. Sharath Kaushik on ghata. The programme is sponsored by Tyagaraja Sangeetha Sabha.

Ramamani is the first Karnatak vocalist to have performed with National and International Jazz bands. She finished her Master's in Music with distinction in 1977 from Bangalore University and has undergone training in Karnatak Music from Bellary Brothers, Anoor Ramakrishna.

Ramamani, a vocalist of high standing, is the Vice-President of Karnataka College of Percussion. She has performed in India and abroad with leading western musicians.

On Apr. 1, Vidu Vasudha Ravi from Chennai will render the vocal concert along with Aditi Krishna Prakash on violin, C. Cheluvaraju on mridanga and N. Gurumurthy on ghata. Concert is in memory of Gowri and K. Seetharama Rao.

On Apr. 2, Vidu. Y.G. Srilatha will perform on veena with Vid. Nikshit Puttur on mridanga and Vid. S. Manjunath on ghata. Concert is sponsored by Sri Tyagaraja Sangeetha Sabha.

On Apr. 3, a Discourse on Ramayana titled 'Ramayanadallina Mouleenya Gunagalu' by Dr. Jyoti Shankar, sponsored by C.K. Sabareesan and Mahesh Chittoor in memory of Shakuntala and C.R. Kalyana Krishnan and Sri Chandramouliswaraswamy Devasthanam.

On Apr. 4, Vid. Sai Vighnesh from Chennai of *Kantara's Varaharoopam*-fame presents Classical Vocal Concert. He will be accompanied by Dr. Jyotsna Srikanth on violin, Vid. H.L. Shivashankar Swamy on mridanga and Vid. Sharath Kaushik on ghata. Programme is sponsored by Pragati Glyoxal Pvt. Ltd. and Hindusthan Food & Beverages.

On Apr. 5, Vid. Mysore A. ChandanKumar will delight the audience with his flute. Vidu. Sindu Suchetan on violin, Vid. H.S. Sudheendra on mridanga and Vid. G.S. Ramanujan on ghata will be adding flavour to the concert. The programme is sponsored by Sudhamani and T.R. Harish in memory of Saroja and H.S. Venkat Rao. The other sponsors are Sudha Ramprasad and Ramaprasad.

Vidu. Vasudha *Vidu. Srilatha* *Vidu. Jyoti Shankar* *Vid. Sai Vighnesh* *Vid. Chandan Kumar*

Vid. Venkataram *Vid. Prashanth* *Vidu. Shriranjani* *Vidu. Shruthiranjani* *Vid. Ramakrishna*

On Apr. 6, Vid. H.K. Venkataram will present a Violin Solo Concert along with Vid. Anoor Anantha Krishna Sharma on mridanga and Vid. G.S. Ramanujan on ghata. Sponsors for the day are Mahajana Education Society & Dr. Vijayalakshmi Bhagavath in memory of R.V. Ganesh.

On Apr. 7, Vid. N.R. Prashanth with accompanists Vid. Keshav Mohan Kumar on violin, Vid. B.S. Prashanth on mridanga and Vid. R. Srinidhi on ghata will render a vocal concert sponsored by Dr. Prathibha Periera and late K.V. Murthy.

On Apr. 8, Sri Chowdaiah Smaraka Ramaseva Samiti and SPVGMC Trust sponsors the Vocal Duet Concert by Kanchana Sisters — Vidu. Shriranjani and Vidu. Shruthiranjani. They will be accompanied by Vid. Keshava Mohan Kumar on violin, Vid. A. Radhesh on mridanga and Vid. Shamith Gowda on ghata.

On Apr. 9, Vid. Ramakrishna Murthy from Chennai gives the concluding concert of the series. He will be accompanied by Vid. Mysore V. Srikanth on violin and Vid. Arjun Kumar on mridanga. The programme is sponsored by Dr. Jagannath Shenoy in memory of D. Ramabai.

Daily from Apr. 1 to 9 for 5.15 pm concerts, following artistes will participate in the order: Vocal Duet by Aditi Nadutotta and P.B. Keerti; Vocal by Niranjani Bhargav; Vocal by Tanmayi Kishore; Vocal Duet by Anjana and Sharanya; Flute by Ankush Kadaba; Vocal by Tanushri Chinmayi; Vocal by Anagha and Vocal by H.M. Lakshmi.

Felicitation to women achievers at Nirantara Kalemane Festival

Rukmini Chandran *Manjula Manasa* *Dr. Jamunarani Mirle*

Mysuru, Mar. 29- Kumar Performing Arts Centre (KPAC), Mysuru, has organised the '54th International Nirantara Kalemane Festival' and International Women's Day at its Kalemane Sabhangana in Hebbal on Mar. 31 at 4 pm.

On the occasion, "International Women's Day Kalemane Kalashree Award" will be conferred on adventure enthusiast Rukmini Chandran, advocate and former State Women's Commission Chairperson Manjula Manasa and artist Dr. Jamunarani Mirle.

The evening will feature following cultural programmes:

Karnatak Classical Music by Vidu. Kamala Pranesh & Team, Bengaluru; Group Karnatak Classical Music by Savigana Music School, Mysuru; Dance Performance by Surya Bhattacharya & Team, West Bengal; Dance Performance (Duet) by Dr. Sagar & Vidushi Ratika, Tumakuru; Dance Performance by Vidushi Shubhada Prabhakar & Team, Bengaluru; Dance Performance by Dr. Sindhu Prashanth & daughter, Bengaluru.

Concert at Mysore Vasudevacharya's house

Vidu. Rohini Srinath

Mysuru, Mar. 29- Vidu. Rohini Srinath, a performing artiste from Chennai, will be presenting a Karnatak vocal recital at the heritage house of Mysore Vasudevacharya in city on Mar. 30.

She is being accompanied by Vid. Srinath on violin and Vid. Sivaraman Srinath on mridanga. The concert, starting at 10.30 am, is open to all music enthusiasts.

Presently a disciple of famed guru Vidu. Suguna Varadachari, Rohini has also learnt under well-known performers Vidu. Suguna Purushottaman and Vidu. Vishakha Hari. She is a B-High graded artiste of the AIR and has performed widely over Tamil Nadu and in the Naada Neelanjana programme of TTD, Tirupathi.

Vid. Srinath, a graded artiste from AIR, has been trained by well-known artistes Akella Mallikarjuna Sharma and Dr. M. Narmada. He has accompanied senior performers for concerts in India and Singapore. He has also travelled to Malaysia and Canada for concerts.

Vid. Srinath *Vid. Sivaraman*

Vid. Sivaraman is a disciple of Vid. Vijay Natesan. He has given mridanga solo performance for *The Hindu*'s Margazhi festival and Margazhi Yuva Utsav and has accompanied senior artistes.

Sri Srikanteshwara Swamy Dodda Jathre on Apr. 9

Mysuru, Mar. 29- Nanjangud MLA Darshan Dhruvanarayan instructed the officials to ensure all necessary arrangements were made on time for the devotees, who would visit Nanjangud for the annual Sri Srikanteshwara Swamy Dodda Jathre on Apr. 9.

He was presiding over the second preparatory meeting with officials at Temple's Dasoha Bhavan in Nanjangud yesterday. Former

MLA Kalale Keshavamurthy, Additional DC Dr. P. Shivaraju, Tahsildar Shivakumar Kasanur, Nanjangud CMC President Srikanta Swamy, CMC Commissioner Vijay and others were present.

WORD OF THE DAY

Garble

Pronunciation: GAR-bul (verb).
Meaning: To garble something, such as a word, name, message, etc., is to cause it to be unclear or distorted. This type of garbling can be the result of an accident, ignorance, or a transmission error. Garble can also mean "to so alter or distort as to create a wrong impression or change the meaning."
Origin: Garble is a word with a spicy history, and we're not just saying that to curry favour with gastronomes. It is presumed that this word was passed from Arabic to Mediterranean Europe through trade in Eastern spices, and was first introduced into English from the Anglo-French verb garbeler, used for the action of sifting out impurities — such as dust, dirt, husks, etc. — from spices. In the 15th century, the English garble carried this same meaning as well as "to cull," that is, to sort or pick out the best parts of something. If these origins seem curious given garble's now more common meanings of "to so alter or distort as to create a wrong impression" and "to cause to be unclear or confusing; to introduce error into," consider that one way of garbling someone's story is to take bits and pieces out of context.
Example: "Noisy environments and interruptions garbled the audio or led to the services transcribing voices of people in the office who weren't in our meeting." —Danielle Abril, The Washington Post, 17 Aug. 2023.

THE ODD WORD

Galactophagist
Milk drinker.

PHRASE OF THE DAY

Get down to brass tacks

Meaning: When you use the expression 'Get down to brass tacks' you mean you are clearing away excess and getting to basic realities or facts.
Origin: The origin of the expression 'Get down to brass tacks' can be found in mid-1800s America. One of the earliest uses of the phrase in print comes from a January 1863 edition of the Texas newspaper The Tri-Weekly Telegraph: "When you come down to brass tacks – if we may be allowed the expression – everybody is governed by selfishness."
Example: "Let's get down to brass tacks. I'm sick of you taking advantage of me!"

QUOTE BOX

Polished brass will pass upon more people than rough gold.

—Lord Chesterfield

RIDDLE THIS

Solve the rebus:

HUGE

Answer: A big hug.

CROSS WORD

ACROSS:

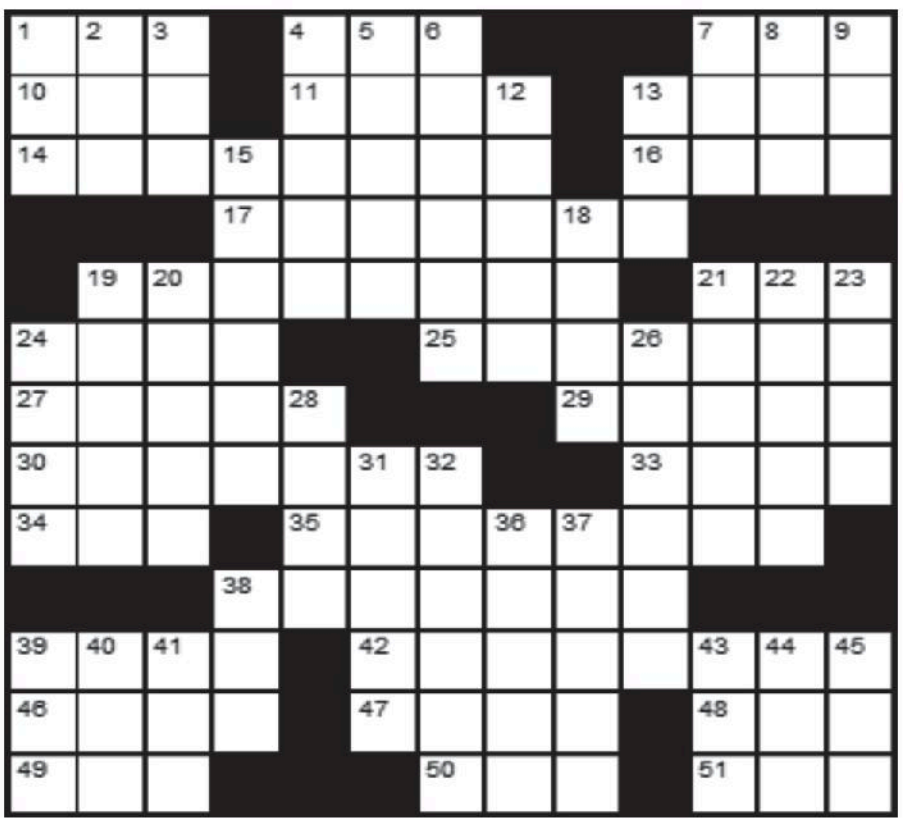
1 New rose
4 Have _ __ at : essay or attempt? (1,2)
7 Gumshoe or investigator
10 Old fashioned name for a hotel or restaurant
11 Wax in combined form - "Core" anagram?
13 Ten cents
14 A card suit
16 In addition
17 Given medical attention
19 Roaring jazz age ?
21 Miss Gardner's first name
24 Emulate an usher?
25 Nine-sided figure
27 Former Aussie leg spinner Shane ___
29 Force out
30 Stalemate
33 Wings or winglike parts
34 Random Hse. mail
35 Equidistant at all times
38 Smallest of the Great Lakes
39 One of the two main branches of Islam
42 Constantinople these days
46 Win a trick by using a trump
47 No, in Berlin?
48 Toward the stern
49 Officers Training School, acronym
50 Briny - Arabian for one
51 Sign of assent

YESTERDAY'S ANSWER

P	U	P			S	A	O		T	A	R	A
A	L	L			H	U	D		A	C	E	S
S	T	A	N	D	A	R	D		R	H	E	A
		T	E	R	M	I	N	A	T	E	D	
D	E	I	T	Y		C	E	L	L			
E	E	N				S	I	E	G	E		
C	R	U	S	T	S		S	A	T	U	R	N
	O	M	A	H	A				L	G	E	
		B	E	T	A		A	L	L	O	W	
	V	E	R	M	I	C	E	L	L	I		
R	A	N	I		S	C	R	A	M	B	L	E
I	N	O	N		F	R	I		L	E	E	
O	S	S	A		Y	A	K		E	T	E	

DOWN

1 Make an offer
2 "One", as a prefix
3 Genetic mol.
4 The fruit of the oak
5 A carnivorous mammal
6 Consecrate as a priest
7 The sesame plant
8 Printing measures
9 Corporate VIP
12 Bone prefix
13 Father
15 View from Catania (2,4)
18 Labourer of yore
19 Sports groups
20 Twists out of shape
21 Nimble
22 Expressing one's feelings freely in speech?
23 Preposition meaning before
24 Do not sink ?
26 Where King Arthur's body was brought
28 TV sports letters
31 Attended or took part as a visitor? (3,2)
32 Deletes or rubs out
36 Man's pet name - "a rite" anagram?
37 Jungle vine
38 Clod
39 Standing Room Only, abbr.
40 Shanty
41 Conditions
43 Prohibit
44 E.T.'s ride
45 In short, suffix of all Indian PLC's?



SUDOKU

		5		2		8		
								2
7	2		6	4			1	
2		9			3			
		1				5		
			1			9		7
	8			5	9		4	6
6								
		7		3		1		

Answer to previous puzzle

9	6	1	2	5	4	3	7	8
8	4	2	6	7	3	9	5	1
5	3	7	1	9	8	6	2	4
6	9	5	3	1	7	8	4	2
3	2	4	8	6	5	7	1	9
1	7	8	9	4	2	5	3	6
4	1	6	7	3	9	2	8	5
2	5	3	4	8	6	1	9	7
7	8	9	5	2	1	4	6	3

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

OJ EGDDXP IJF ENTI TGDK WLMID, DIXPX GCFGRK

KXXE DJ HX ZCXODR JW QLDDXOK.

TODAY'S CLUE: I EQUALS H

Yesterday's Cryptoquip: Puritanism: The haunting fear that someone, somewhere may be happy.

MOVIE LOVERS

NOW SHOWING - SINGLE SCREEN THEATRES

- **Gayathri Theatre** — **Ph: 2443568**
  L2: Empuraan (K) - 4 Shows
- **Rajkamal Theatre** — **Ph: 2423554**
  L2: Empuraan (Ta) - 4 Shows
- **Mahadeshwara Theatre** — **Mob: 99008-20093**
  Bad (K) - 4 Shows
- **Woodlands Theatre** — **Ph: 2422871**
  Manada Kadalu (K) - 4 Shows
- **Padma Theatre** — **Ph: 2521923**
  Veera Dheera Sooran - Part 2 (Ta) - 4 Shows
- **Thibbadevi Theatre** — **Ph: 2452958**
  Bhagiratha (K) - 4 Shows
- **Prabha Theatre** — **Mob: 98454-14691**
  Bhagiratha (K) - 4 Shows
- **Sangam Theatre** — **Ph: 2520494**
  Sikandar (H) - 4 Shows
- **Lido Theatre** — **Ph: 2420885**
  Forest (K) - 4 Shows
- **Balaji Theatre** — **Mob: 98863-25207**
  Badass Ravikumar (H) - 3 Shows

DRC CINEMAS — Ph: 4240422, 4241800

L2 Empuraam (Ma)	(S-1)	9.50 am, 3.50 pm
	(S-2)	10.10 pm
	(S-4)	12.20 pm, 7 pm, 10.30 pm
Disney's Snow White (E)	(S-1)	1.30 pm
Robinhood (Te)	(S-1)	7.20 pm, 10.25 pm
	(S-4)	3.55 pm
Manada Kadalu (K)	(S-2)	9.45 am, 12.55 pm
		4 pm, 7.05 pm
Veera Dheera Sooran (Ta)	(S-3)	9.40 am, 12.55 pm
Mad Square (Te)	(S-3)	4.20 pm, 7.15 pm, 10 pm
Bad 2025 (K)	(S-4)	10.10 am

MYSURU VISION CINEMAS — Ph: 0821 - 2973519

Forest (K)	(S-1)	12.50 pm
Manada Kadalu (K)	(S-1)	3.35 pm, 6.25 pm; (S-3) 10.40 am
L2: Empuraan (K)	(S-1)	9.15 pm; (S-4) 2.45 pm
L2: Empuraan (Ma)	(S-2)	1.10 pm, 4.35 pm, 8 pm
	(S-3)	6.05 pm, 9.30 pm
	(S-4)	11 am
Robinhood (Te)	(S-3)	1.30 pm
	(S-4)	6.40 pm, 9.30 pm

PVR CINEMAS — 4K Dolby 7.1

Nexus Centre City Mall, 2nd Floor. Ph: 0821-230 0402

L2: Empuraan (Ma)	:	8.10 am, 10.30 am, 11.45 am
		2.05 pm, 3.20 pm, 5.40 pm
		6.55 pm, 9.15 pm, 10.30 pm
L2: Empuraan (H)	:	9.30 pm
Robinhood (Te)	:	8.50 am, 1.20 pm, 3.30 pm
		7.20 pm, 10.30 pm
Manada Kadalu (K)	:	9.30 am, 1.40 pm, 7.05 pm
Mad Square (Te)	:	10.30 am, 12.40 pm
		4.30 pm, 6.40 pm
Mylaapura (K)	:	11.10 am
Veera Dheera Sooran - Part 2 (Ta)	:	12 noon, 3.15 pm
		6.30 pm, 9.45 pm
Bad (2025) (K)	:	4.50 pm, 10.15 pm

1st Floor, Garuda Mall. Mob: 88009 00009

Mad Square (Te)	:	9.35 am, 3.05 pm, 9.30 pm
Veera Dheera Sooran - Part 2 (Ta)	:	9.55 am, 12.25 pm, 7.15 pm
L2: Empuraan (Ma)	:	11.15 am, 2.50 pm, 3.40 pm
		5.55 pm, 6.25 pm, 10 pm, 10.30 pm
L2: Empuraan (K)	:	11.30 am
Robinhood (Te)	:	1.10 pm, 9.45 pm
Manada Kadalu (K)	:	4.20 pm
Bad (2025) (K)	:	7.30 pm

INOX — LIVE the MOVIE

Mall of Mysore - Mob: 78299-99465

Mad Square (Te)	:	10.20 am, 4.25 pm, 10.30 pm
Veera Dheera Sooran - Part 2 (Ta)	:	10.25 am, 1.05 pm, 7.10 pm
Manada Kadalu (K)	:	11.10 am, 4.55 pm
L2: Empuraan (Ma)	:	11.15 am, 2.50 pm, 5.55 pm
		6.25 pm, 9.30 pm, 10 pm
L2: Empuraan (K)	:	2.20 pm
Robinhood (Te)	:	1.45 pm, 10.20 pm
Bad (2025) (K)	:	8.05 pm

INOX Centro Mysore - Ph: 0821-4283555

L2: Empuraan (Ma)	:	8.10 am, 9.30 am, 11.45 am, 3.20 pm
		6.55 pm, 10 pm, 10.30 pm
L2: Empuraan (K)	:	3.15 pm
Mad Square (Te)	:	9.45 am, 12.30 pm, 7.35 pm
Bad (2025) (K)	:	1.20 am, 4.45 pm
Robinhood (Te)	:	1.05 pm, 6.50 pm
Manada Kadalu (K)	:	1.35 pm, 7 pm
Veera Dheera Sooran - Part 2 (Ta)	:	4.15 pm, 10.20 pm
Mylaapura (K)	:	10.10 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there is no minimum audience of 15.

EVENTS TODAY (MARCH 29)

- **Kalasuruchi:** 'Kathe Kelona Banni-873,' story-telling by Mallamma, retd. Vice-Principal & Academic Dean, Somani D.Ed College & Anikethana Pre-University College, Mandya, **4.30 pm to 5.30 pm;** Sahitya Chavadi, talk on 'Sanchiya Honnammana Hadibadeya Dharma' by Dr. Jyothi Shankar, Professor and Gamaki, Suruchi Rangamane, 476, Chitrabhanu Road, Kuvempunagar, **6.30 pm.**
- **Akhila Bharata Sharana Sahitya Parishat, Mysuru City Unit and Saptaswara Balaga:** Ganayogi Pt. Panchakshara Gawai Memorial Vachana Gayana by Pt. Ramesh Kalkunda, accompanied by Pt. Bhimashankar Bidanur on tabla and Pt. Veerabhadraiah Hiremath on harmonium; Sugama Sangeetha artiste H.R. Leelavathi inaugurates, Saptaswara Balaga President Dr. G. Siddesh and Secretary Dakshayini Somashekarappa will be present, Akhila Bharata Sharana Sahitya Parishat Mysuru City Unit President M.G. Sadanandaiah presides, RamaGovinda Rangamandira, Ramakrishnanagar, **5.30 pm.**
- **Raaga Music Academy, Mysuru:** 102nd Music Concert, Grand Vocal Concert by Vidu. Dhanya Dinesh Rudrapatnam, accompanied by Vidu. Prithvi Bhaskar on violin, Vid. Nandan Kashyap on mridanga and Vid. Srinidhi Koundinya on ghata, Sri Bidaram Krishnappanavara Prasanna Seetharama Mandira, Narayan Shastri Road, **6 pm.**
- **Rangayana, Mysuru:** Staging of play 'Sattavara Neralu' by Rangayana Dharwad, written by Jadabharata, directed by Hulugappa Kattimani, Bhoomigeeta auditorium, Rangayana premises, **6.30 pm.**
- **Avadhoota Datta Peetham:** 4k Projection Mapping on 45-ft tall Karya Siddhi Hanuman statue, Sri Ganapathy Sachchidananda (SGS) Ashram, Dattanagar, Nanjangud Road, **(3 Shows) 7.10 pm, 7.40 pm and 8.10 pm.** [Note: If rain or wind persists shows will be cancelled]

EVENTS TOMORROW (MARCH 30)

- **Trayinyas Shrividya Foundation:** 16th Vasantha Navarathri Mahotsava, Sri Mahaganapathi Puja, Punyahavachana, Mahasankalpa, Ankurarpane, Nandi, Kalasha Sthapana, Mahabhisheka, Ugadi Panchanga Shravana, Saptashathi Parayana, Lalitopakhyana Parayana, Shrichakrarchana, Navavarana Puja, **8.30 am;** Sri Mahavishnu Dashavatara Homa and Sri Lakshminarayana Avarana Homa, Trayinyas, #8, 7th Main, 3rd Block, Jayalakshmipuram, **5.30 pm.**
- **Music Concert:** Karnatak vocal recital by Vidu. Rohini Srinath from Chennai, accompanied by Vid. Srinath on violin and Vid. Sivaraman Srinath on mridanga, Mysore Vasudevacharya's residence, near Agrahara, **10.30 am.**
- **Arya Samaj:** Ugadi celebrations, Arya Samaj, #1965/1, Kothwal Ramaiah Street, Devaraja Mohalla, **10.30 am.**
- **Sahara Arts & Crafts:** Shopping Festival, Scouts & Guides Grounds, behind Old DC office, **10.30 am to 9.30 pm.**
- **Mysore Palace Board:** Ugadi Sangeethotsava, Sri Vishwavasu Samvatsara-2025, saxophone concert by S. Likhith and troupe, **5 pm;** 'Panchanga Shravana' by Dr. Sridhara Murthy, **6 pm;** State Anthem and Mysore Kingdom Anthem by R. Chandana and troupe, **6.45 pm;** Inauguration of cultural programme by District Minister Dr. H.C. Mahadevappa, MLA T.S. Srivatsa presides, MPs Yaduveer Wadiyar and Sunil Bose chief guests, **7 pm;** 'Swara Vaibhava' programme featuring Ajay Warier, Indu Nagaraj, Kambada Rangaiah, Sashikala and troupe, Mysore Palace premises, **7.30 pm to 9.30 pm.**
- **Natana School of Theatre Arts:** Staging of play 'Makkala Mahabharata,' written by Rangayana Ramanatha based on Dr. P.K. Rajashekara's Janapada Mahabharata, directed by D.C. Sudarshan, Malavalli, Natana premises, **6.30 pm.**
- **Avadhoota Datta Peetham:** 4k Projection Mapping on 45-ft tall Karya Siddhi Hanuman statue, Sri Ganapathy Ashram, Dattanagar, Nanjangud Road, **7.10 pm, 7.40 pm & 8.10 pm.**

EVENTS ON MONDAY (MARCH 31)

- **Trayinyas Shrividya Foundation:** 16th Vasantha Navarathri Mahotsava, Mahathisheka, Saptashathi Parayana, Lalithopakhyana Parayana, Shrichakrarchana, Sri Sundarakanda Parayana, Navavarana Puja, **8.30 am;** Sri Mahamrutyunjaya Homa and Sri Dakshinamurthy Homa, Trayinyas, #8, 7th Main, 3rd Block, Jayalakshmipuram, **5.30 pm.**
- **Sri Ramaseva Mandali Charitable Trust, Mysuru:** 31st Ramanavami Music Series, religious activities like Ramayana Parayana, Navagraha Japa, Abhisheka, etc., will start under Ve. Br. Sri Shashidhar Sastry, **10 am;** Vidu. R.A. Ramamani inaugurates musical series and she will be honoured with the title 'Sangeetha Kalaradhaki,' she will render a vocal concert accompanied by Vid. Mysore V. Srikant on violin, Vid. Tumkur B. Ravishankar on mridanga and Vid. Sharath Kaushik on ghata, Sri Prasanna Parvati Kalyana Mantapa, adjacent to Sri Chandramoulishwara Temple, Vontikoppal, **6 pm.**
- **MASP Aquatic Club:** Grand opening of new swimming pool, MP Yaduveer Wadiyar, JSS Mahavidyapeetha Secretary S.P. Manjunath, MLAs G.D. Harish Gowda and T.S. Srivatsa, City Police Commissioner Seema Latkar, Mysore Union Managing Director Harsha Melanta, Safe Wheels Managing Director B.S. Prashanth and KBL Silicon City International School Proprietor L. Ravi will be present, Silicon City International School, Lalithadripura, **10 am.**
- **Sahara Arts & Crafts:** Shopping Festival, Scouts & Guides Grounds, behind Old DC office, **10.30 am to 9.30 pm.**
- **Kumar Performing Arts Centre (KPAC):** 54th International Nirantara Kalemane Festival and International Women's Day celebrations, conferring of "International Women's Day Kalemane Kalashree Award" on adventure enthusiast Rukmini Chandran, advocate and former State Women's Commission Chairperson Manjula Manasa and artist Dr. Jamunarani Mirle; Cultural programmes by various troupes, Kalemane Sabhangana, Hebbal 2nd Stage, **4 pm.**
- **Mysore Palace Board:** Ugadi Sangeethotsava, light music concert 'Kannadave Satya' by Uppunda Rajesh Padiyar and troupe, **5.30 pm;** Bharatanatyam recital by Ananya and troupe, **6.15 pm;** Film songs by V. Ravikumar and troupe, **7 pm;** 'Sangeetha Gaanamrutha' by singer Naveen Sajju and team, Mysore Palace premises, **7.45 pm to 9.45 pm.**

HOUSE & PLOTS FOR SALE

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Contact Principal with Credentials between 10.30 AM & 12.00 noon

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